

# Americans urged to cut sodium intake

Story by Marianne Airhart, (WIC) Women, Infant, and Children Overseas Program

Is salt the latest villain to join the lineup of dietary outlaws like cholesterol, trans fats, and refined sugar? Yes, says the American Medical Association (AMA), who believes that our excessive consumption of sodium is contributing to America's soaring incidence of high blood pressure, and may lead to strokes, heart attacks, and kidney disease.

Currently, we consume a 4,000-6,000 milligrams (mgs.) of salt per day. The recommended maximum is about 2,300 mgs., or a generous teaspoon.

For those with high blood pressure, decrease that amount to 1,500 mgs. Children 4 - 8 years old need only 1,200 mgs. of salt, but typically consume at

least 2,800 mgs. per day.

Table salt or even salt added during cooking, is not the major problem. More than 75 percent of our sodium intake comes from processed foods and prepared restaurant meals. A cup of canned soup or one frozen meal can provide 50 percent of the daily maximum.

Our heavy reliance on processed and fast foods has prompted the AMA to adopt new policies to help change the way Americans think about salt with the goal of reducing sodium intake. First, they call for a 50 percent reduction of sodium in processed foods, fast food products and restaurant meals over the next decade. They are urging the Food and Drug Administration to develop label markings and

warnings for foods containing 480 mgs. of sodium or more per serving. Finally, the AMA believes that consumers must be educated about the benefits of long-term, moderate reductions in sodium intake.

Here are a few steps toward reducing salt intake.

— Read the labels when shopping. If you buy processed or convenience foods, opt for low-sodium products.

— Remove salt from recipes

whenever possible.

— Use herbs, spices and other flavorings to enhance foods.

— At restaurants, ask for your food to be prepared without salt. Be in control!

The AMA is confident the implementation of these recommendations would reduce sodium intake, result in a better-educated consumer, and decrease the incidence of high blood pressure in this country.

## BREMCOR to take over base services contract

The Atlantic Division, Naval Facilities Engineering Command recently awarded the U.S. Naval Station Guantanamo Bay base support services contract to BREMCOR. BREMCOR replaces Del-Jen International on Dec. 1.

The Naval Station base support services contract includes transportation operations and maintenance, family housing maintenance, consolidated bachelor quarters operations and maintenance, facilities maintenance, pest control, grounds maintenance, custodial, recycling/re-fuse removal, and station landfill operations.

BREMCOR is a joint venture of Burns and Roe Services Corporation with EMCOR Facility Services. EMCOR is a major provider of facility maintenance services throughout the United States. Burns & Roe Services Corporation has supported NAVSTA GTMO for more than 40 years and operates many other service contracts at the station.

BREMCOR has one major subcontractor, Eastern Maintenance Services, who will provide family housing maintenance, bachelor quarters operations and maintenance, and grounds maintenance.



Photo by Roberta Stanley

**Yard of the Quarter** — *Harold and Ruth Unruh are congratulated by CAPT Mark Leary, NAVSTA Commanding Officer, and Rudy Sammons, Housing Director, after their home was selected as one of the winners for 'Yard of the Quarter.' Harold and Ruth have been at GTMO since August 2002 and reside at Caravella Point.*

## Leeward Airfield Notice

The Leeward Airfield will be closed on Thanksgiving Day, Christmas Day and New Years' Day. Tower operations will cease at 10 p.m. the night prior and resume at 8 a.m. the day following each of these holidays.

This will not affect the AMC Patriot Express (Rotator) flights, as these holidays do not fall on Saturdays or Tuesdays. Should any additional airlifts become available, AMC Terminal personnel will get the word out as quickly as possible.



## Holiday Rotator Schedule

Dec. 2, 5, 9, 16, 19, 23, 26, 30

Jan. 2, 6, 9, 13, 20, 23, 27